

# BESS - Building Economic Self-Sufficiency

**164** Women served by BESS

**94**  
New BESS clients

**40**  
Average age of BESS client

**32**  
Community partners

**1,541**  
One-on-one sessions with clients

**86**  
Women attended workshops

**62**  
Employment clients

## Examples of BESS Workshops

- The Power of Positive Confrontation
- Am I Enough? Challenging Your Ideas of Self-Worth
- Understanding the Power You Hold
- Showing Up as Your Best Self

**82**  
Counselling clients

**101**  
Housing clients

**10**  
Clients received monthly rent subsidies

**2023**  
IMPACT  
REPORT



By her side  
since 1973

